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Will feds move EI recipients here for work?

Labour. Premier suggests measures to promote mobility are on federal EI agenda, despite government denials

A new study from the Human Resources Department suggests Ottawa is looking at ways to get people receiving employment insurance (EI) to move to other regions with more jobs.

Such measures would go beyond the Harper government's new policy that appears to require that some EI recipients take unfilled jobs — but only in their own region. Premier Brad Wall suspects there is more to this than meets the eye.

A focus-group study completed in January suggests that some proposed financial incentives, such as reimbursement for moving expenses or for travel costs to a job interview, were enthusiastically received by EI clients surveyed.

The research, ordered shortly after the Conservatives won a majority, required the survey company to determine "what type of migration incentives could encourage (people) to accept a job that requires a residential move?"

One "concept is to reimburse moving expenses for unemployed people who have moved and found a permanent job in another region," says the final report, obtained by The Canadian Press under the Access to Information Act.

The study did not explore whether the prospect of being cut off from EI benefits might also encourage a move to other regions, but focused instead on cost reimbursement.

But the proposed amendments, buried in the government's omnibus budget bill, contain no details or definitions, simply empowering the minister to change regulations without parliamentary scrutiny.

A spokeswoman for Human Resources Minister Diane Finley tried to distance the minister from the newly released study.

"This research was commissioned by the department without the knowledge of the minister," Alyson Queen said in an email.

But Wall suggested measures to promote mobility are indeed on the federal EI agenda.

"There are ... some built-in disincentives for people in certain parts of the country to go where there is a labour shortage in other parts of the country," Wall said at the legislature in Regina on Thursday. "So we're hearing in principle, anyway, that they're looking at those changes and that they may be announcing something soon."

Wall said he pressed Prime Minister Stephen Harper for EI changes in the winter, to help alleviate worker shortages in Saskatchewan. METRO/WITH FILES FROM THE CANADIAN PRESS

Quoted

"We were not even aware of this report or the research being conducted. It was ... not a part of our policy considerations."

Alyson Queen, spokeswoman for Human Resources Minister Diane Finley

NO HOLDS BARRED

Creators and co-writers Daniel Redenbach, left, and Tyson Off discuss a scene while filming their comedy web series, Gunderson, in Yorkton. The controversial series deals with issues facing youth in the smaller towns of Saskatchewan and pushes boundaries with foul language. The main plot includes a storyline about the title character's father running for the mayor of Yorkton. Story, page 3. CONTRIBUTED/CRAIG BOLIZUK

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NEWS

On the web

Boy finds more than beef in Arby's sandwich

A Michigan teen finishing off an Arby's roast-beef sandwich chomped down on something tough that tasted like rubber, so he spit it out. Turns out it was apparently the severed pad of an unfortunate employee's finger. Read more at metronews.ca.

Mobile news

Doctors in the U.S. are slowly ditching their prescription pads and pens in favour of e-prescribing. About one-third of doctors are going electronic, which the government says is safer and cheaper. Scan the code for the story.

Two sheep and a shepherd in Victoria Park

Canadian theatre troupe, Corpus, performed a live piece of theatre in Victoria Park Thursday, presented by the Dunlop Art Gallery. It involved a group of actors who played two sheep, a ram, a shepherd and a surprise guest. Based out of Toronto, Corpus is known for its surrealist humour that combines movement with theatrical imagery. The company has performed in 20 countries around the world. CARRIE-MAY SIGGINS/METRO

Landing that summer job

Career path. Expert says a summer job can be a way to get a head start on your future

CARRIE-MAY SIGGINS
carriemay.siggins@metronews.ca

Looking for that perfect summer job between semesters? Here's some advice from the pros on how to land the ideal position.

Career-planning expert Alan Kearns, founder of employment coaching centre CareerJoy, says that if done right, a summer job can be an ideal way to start your future.

"The first time you start your career is not when you graduate," says Kearns. "It's actually summer jobs."

Stephanie Marshall is the Career Development Co-ordinator with the University of Saskatchewan.

"A summer job is like doing occupational research," says Marshall, "in a very hands-on way." Marshall believes that it's important that a student choose a summer job wisely, as it allows them to network and to gain transferable skills.

"First and foremost," says Marshall, "it's important that the job is furthering a student's desired skill base. You should look at how your area of study relates to the job that you've chosen."

But the experts suggest that landing a summer job in your field of interest doesn't have to mean months of stress in between already-stressful semesters. "If you've spent all year inside," says Marshall, "working on projects and attending classes, and you really just want to be outdoors, then that job might be a really great way to get out and get some fresh air and be close to nature."

After deciding what you want, utilizing all the resources at hand and compiling a list of potential employers, think hard about how you'd like to approach your future boss, says Kearns.

"The best advice I have for students who want to get higher quality summer jobs is you need to create and be creative in your approach."

Kearns suggests that if there isn't a summer position within an organization you're dying to be a part of, respectfully pitch one. Does an internship not cover the ground you're interested in? Create (and politely suggest) new definitions for that internship.

But remember, says Kearns, that it's about how your potential employer can get the best value out of your employment. "You really have to have a clear sense of what you bring to the opportunity, what kind of value you can create."

"People aren't interested in hiring summer students," says Kearns. "So you have to think — how can you help their business? Not, how can you get a summer job."

"You have to be conscious of how you package yourself," says Kearns.

Personal pitch

- **Be yourself.** Career-planning expert Alan Kerns suggests being true to yourself is the best approach.
- "When I look at a lot of people's resumes," says Kearns, "everyone sounds the same. People aren't being themselves in the way they present themselves."
- **Branding.** Kearns says that students need to brand themselves in a way that presents the image that they want to convey.

Long weekend

Weather this weekend? Ask David Phillips

The weather forecast for the long weekend looks good, even if it's a bit chilly. "Lot's of Saskatchewan sun and no precipitation to mess things up," said Environment Canada Senior Climatologist David Phillips.

"This weekend isn't looking too bad. I think that temperature-wise it is going to start off a little cool," said Phillips. "Monday looks like the best day out of the three of them when it is up above 23 C, which is a few degrees warmer than normal."

"May long is the official kick-off for the season," said Joel Perry, park supervisor for Douglas and Danielson parks. Perry says the two parks were already over two-thirds reserved for the weekend.

But Phillips warns not to read too much into the long-weekend weather. "Some Canadians falsely think that this weekend determines what the rest of the summer is like and that's not the case at all. But hey, it's nice to start on a good note."

This summer might be shaping up to be ideal; we can expect fewer mosquitoes than normal. "The fact that it has cooled off slightly and we are not seeing a rush to summertime-like weather should keep them at bay," said Phillips.

"It's always an issue on the prairies and one of the things that would dampen that this year is that clearly there has not been a lot of precipitation."

Still, it is best not to get your hopes up too much, "You can't avoid them, this is not going to be the year without the mosquito, lets just hope it is not as bad as it sometimes can be."

JEFF MACKEY/METRO

Brash new web series revels in small-town Saskatchewan

Home-grown talent. Controversy follows creators of Gunderson, but that won't stop these Yorkton natives

JANE CAULFIELD
jane.caulfield@metronews.ca

The Saskatchewan-based comedy web series Gunderson, launched in early April, is starting to cause a stir throughout the province. But creators and co-writers Daniel Redenbach and Tyson Off are not too worried about causing a little controversy.

"We're not trying to be offensive," said Redenbach. "It's not surprising that people are taken aback by it. But I don't think those people are the audience we are trying to reach."

The 10-episode series follows the daily life of the title character in his hometown of Yorkton — where both Redenbach and Off are from. Tackling a variety of issues facing youth living in smaller communities in Saskatchewan, the duo pushes boundaries by writing gratuitous drug use, sex and swearing — lots and lots of swearing — into the scripts.

"Growing up in Yorkton was kind of hard," said Redenbach. "We were always interested in the arts and there were no real outlets for the things we were interested in.

"We're poking fun at ourselves, really. This is a reflection of that," he added. "You always want to blame it on the place, but as we grew older we realized that's not the case."

Redenbach said that airing on the web, rather than television, lets them loosen the reigns on what they could get away with.

"It makes blurring the line between fiction and reality easier."

Recently, the long-term friends took heat from Saskatoon radio personality John Gormley, who referred to the character as "some very white, profane child," on Twitter.

"It's a testament to the power of the video and social media and what it all can do," said Redenbach about the Twitter conversation. "We got his attention. As far as we are concerned, that's mission accomplished."

Career aspirations

- Despite the snarky attitudes and raunchy jokes within their series, Daniel Redenbach and Tyson Off take the project seriously and want to be recognized as professionals.
- They were granted nearly $8,000 in money from the Saskatchewan Arts Board and the Saskatchewan Film Employment Tax Credit to produce the series. Their music videos and web shorts are funded through other means.
- You can find the series online at Gunderson.tv. The next episode is set to be released May 28.

Gunderson's main plot includes a story line about Gunderson's father running for the mayor of Yorkton. CONTRIBUTED/DANIEL REDENBACH

Singer draws on days on the road for inspiration

Singer-songwriter James Struthers is at the Exchange on Saturday. CONTRIBUTED

His musical career began just two years ago, yet James Struthers is already on his seventh Canadian tour and will be stopping in Regina at the Exchange on Saturday.

Touring as much as Struthers does has helped the singer-songwriter develop his craft, and played a role in his recent success.

"You can't buy this kind of experience," said Struthers in an interview.

"Playing at a new place every night, you learn so much about performance and get more comfortable with yourself and your own talent."

Along with songs from his two previous EPs, Nadia and James Struthers, new songs which Struthers plans to release later in the year will be heard at the Exchange this Saturday.

"Some of the songs off of the upcoming release are going to be played and some of the old ones. Whenever I tour with just my guitar, it's a very personal experience. You'll learn a lot about me and hear some things that you won't read in the bio," chuckled Struthers.

The yet untitled album is in the final stages of recording and will likely be released before the year's end. Aptly fitting with the gorgeous May weather we've received of late is the feel of the 23-year-old Struther's new material.

"If you're looking for a summertime cruising album, this is going to be the one. We're trying to capture the summertime vibe as much as possible, lots of reggae beats, hip-hop drumming, and fun, summertime love songs," he said.

Struthers also added that his songs/songwriting process has matured and grown in the past two years, and that "every experience you have changes the creative process.

"The most notable thing is growth. The producer and I are both young guys, and we're learning a lot as we work. I think the maturity in both the production and the songwriting will increase."

PAUL BOGDAN/FOR METRO

Quotable

"If you're looking for a summertime cruising album, this is going to be the one. We're trying to capture the summertime vibe as much as possible."

James Struthers

Long weekend. Regina area offering a little something for everyone

This May long weekend promises to be an eventful one with concerts, tours and men in kilts hurling heavy objects. Reginians are not the type to stay at home when the sun is out so here are just a few of the things you can do with your long weekend.

Friday

— Food Revolution Day, Eat Healthy Foods, 3030 12th Ave. 1 p.m. A chance for food local lovers to meet up and talk about ethical food production and consumption.

— Concert: Lovin' Spoonful, Casino, 7:30 p.m., $35 & $30 plus tax. Yes, that Lovin' Spoonful. The band that brought you hits like Daydreaming, Summer in the City and Do You Believe in Magic are stopping by Casino Regina.

— Chris Carlier & The Scarletts (with Eden Rohatensky and Jen & Duane), The Artesian, 8 p.m., $20. Concert: pop/folk with a few curveballs thrown in along the way. Best chance to enjoy some local live music this weekend

Saturday

Trash and Treasure, Community Garage Sale, 223 Centre St., 9 a.m. Regina Beach Arts & Craft are holding their annual garage sale at the Arts & Craft Building. All unsold items will be donated to charity.

— Regina Farmers' Market, City Square Plaza & 18 block Scarth St., 9:30 a.m. Why not grab some fresh, local produce while soaking up some summer rays. The baked goods are irresistible too.

— Public Tours of Mackenzie Art Gallery, Mackenzie Art Gallery, Free. Check out the John Noestheden: Sky - Shuvenai Ashoona: Earth exhibit or any of the other exciting displays at the gallery.

— Westminster United Church 100th Anniversary Weekend Banquet, 6 p.m., $50. The Westminster United Church is celebrating its 100th anniversary with a weekend of events. On Saturday, swing by for a Banquet dinner for the church.

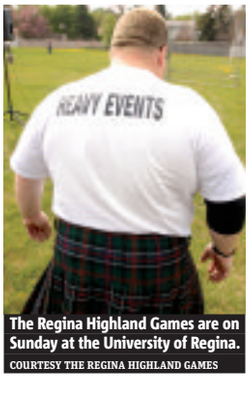
Sunday

— Regina Highland Games, University of Regina, 8 a.m., Free. Enjoy classic Scottish sports such as the hammer throw and the sheaf toss (real events). After that, relax to some melodic bagpipes and enjoy some distinctly Scottish vendors.

— Family Fun Tours: View the Partial Eclipse! MacKenzie Art Gallery, 2 p.m., Free. The Mackenzie Art Gallery has enlisted the help of The Royal Astronomical Society of Canada to explore the partial eclipse.

— Red Hot Riot, The Artesian 7:30 p.m., $10. Jayden Pfeifer hosts a mix of standup, sketch comedy, improvisation and musical acts Think late-night talk show meets Regina's version of Saturday night live.

JEFF MACKEY/METRO



The Regina Highland Games are on Sunday at the University of Regina. COURTESY THE REGINA HIGHLAND GAMES

Robert Kennedy Jr.

Estranged Kennedy wife killed self

The Kennedy family was grieving again Thursday after the estranged wife of Robert Kennedy Jr. hanged herself at her home.

Mary Richardson Kennedy, 52, an architect known for her philanthropic and environmental work, who also faced drug and alcohol charges in recent years, was found dead Wednesday.

The Westchester County medical examiner's office said after an autopsy Thursday that Kennedy died of asphyxiation due to hanging. A person familiar with the investigation into her death said authorities concluded that her death was a suicide. THE ASSOCIATED PRESS

Mary Richardson Kennedy
THE ASSOCIATED PRESS

Iran nuclear talks

U.S. prepared to attack Iran if necessary

The U.S. has plans in place to attack Iran if necessary to prevent it from developing nuclear weapons, Washington's envoy to Israel said, days ahead of a crucial round of nuclear talks with Tehran.

Dan Shapiro's message resonated Thursday beyond the closed forum in which it was made: Iran should not test Washington's resolve to act on its promise to strike if diplomacy and sanctions fail to pressure Tehran to abandon its disputed nuclear program. Shapiro said the U.S. hopes it will not have to resort to military force. THE ASSOCIATED PRESS

Google Maps

Iran looking to sue Google

Iran says it will sue Google over dropping the name of the Persian Gulf on Google Maps.

The threat comes after Google left the body of water between Iran and the Arabian Peninsula nameless. THE ASSOCIATED PRESS

Quebec leaders debate crucial emergency bill

Student protest. New legislation condemned by student leaders as politicians seek to curb violent demonstrations

The Quebec government tabled emergency legislation last night in an effort to stamp out a turbulent student crisis that has gripped the province for months.

If passed, the Charest government's law would pause the current academic session for striking students while hoping to restore order.

There are hints it will also include some harsh measures like stiff financial penalties for anyone preventing classrooms from opening.

The national assembly was convened for 8 p.m. for a debate that was expected to last through the night.

"We hold the conviction that this decision is important — not only for our young people, but for the future of the Quebec people,'' Premier Jean Charest told the legislature Thursday.

Quoted

"This decision is important — not only for our young people, but for the future of Quebec people."

Quebec Premier Jean Charest

Charest announced plans for the legislation a day earlier, in a move met by swift condemnation from student leaders, left-wing opinion-makers and even the provincial bar association.

Thousands of angry protesters instantly swarmed Montreal's streets for a tumultuous, late-night demonstration. Windows were smashed, protesters and police officers were injured, and more than 120 people were arrested.

But it remains to be seen how the measure will be received by the broader public.

Polls suggest Charest's unpopular government, facing a long-shot re-election bid, might actually have public support for its tuition hikes. THE CANADIAN PRESS

Specifics

The new legislation would:

- Temporarily halt the spring semester.
- Push up the summer holidays, with students being reconvened earlier in August.
- Allow students to complete their previous semester.

Lithuanians rally in the rain

Protesters rally outside the Presidential Palace in Vilnius after riot police helped a mother regain custody of her 8-year-old daughter. The protesters tried to prevent the police from carrying out a 5-month-old court order saying the mother should regain custody of her daughter. Many Lithuanians in the southern town of Garliava violently opposed the order because they allege the girl's mother, Laimute Stankunaite, is part of a pedophile ring. LIUSJENAS KULBIS /THE ASSOCIATED PRESS

Windsor. Diamond swallower still in custody

Police in Windsor, Ont., say the story of a man who allegedly swallowed a $20,000 diamond is gaining international attention.

It's been nearly a week since Richard Mackenzie Matthews, 52, is alleged to have switched a diamond at Precision Jewellers and swallowed the real one.

Matthews has been held at police headquarters while they wait for the 1.7-carat stone to pass through his system. Sgt. Brett Corey says Matthews has gone to the washroom numerous times, but the diamond hasn't passed.

Corey says a recent X-ray showed a pair of fake diamonds, or cubic zirconiums, stuck in the man's intestines but because a diamond is translucent, it isn't visible. He says the suspect is eager to get the ordeal over with and is co-operating. THE CANADIAN PRESS

Miss Universe. Transgender contestant makes history

Jenna Talackova has become the first transgendered contestant to compete at the Miss Universe Canada pageant.

The Vancouver beauty, who was born a man but underwent sex-change surgery four years ago, is among 62 contenders vying for the crown.

It all started Thursday night with a swimwear and evening gown contest in front of a panel of 15 judges and a live audience in downtown Toronto.

The panel includes designers Colin McAllister and Justin Ryan of HGTV's Home Heist, The Kennedys actress Kristin Booth and singer Kreesha Turner.

The Miss Universe Canada winner will be crowned Saturday.

Talackova has drawn the bulk of media attention so far, attracting an entourage of reporters and photographers at various public events in recent days.

She's taken the scrutiny in stride, even lobbing a jab at pageant owner Donald Trump when asked how she feels about his involvement.

"Well, he has great pageant hair already," she quipped during a visit to a Toronto school earlier this week.

Miss Universe Canada 2011 is Chelsae Durocher of Tecumseh, Ont. THE CANADIAN PRESS

Nine arrested in anti-corruption haul

Montreal's "right-hand man" had handcuffs slapped on Thursday.

Frank Zampino, the powerful former number two to Montreal's mayor, was among nine people arrested and charged in a major police anti-corruption haul.

Those arrested included municipal officials and construction-industry players in connection with a massive alleged fraud in a public contract worth more than $300 million.

The suspected scheme was relatively simple: municipal officials are accused of slipping privileged information, like technical specifications, to a construction company competing for a public contract, in exchange for financial benefit.

Those accused of leaking the details were well-rewarded, according to police: "We're talking about monetary advantages and gifts," said provincial police Insp. Denis Morin.

The raft of arrests is among the biggest against alleged corruption in a province that has been awash in scandals for several years.

The string of scandals began about four years ago, with reports about activities at Montreal's city hall, and it has culminated in a provincial corruption inquiry set to start next week.

Wearing a hoodie and sunglasses, Zampino was brought out of his house in cuffs this morning and taken into police custody. Prominent construction magnate Paolo Catania was detained at Montreal's Trudeau airport.

Zampino was the chair of the city's executive committee — essentially the head of the local equivalent of a cabinet. THE CANADIAN PRESS

Arrests

- The province's police anti-corruption unit had its first major bust last month, arresting 14 people including construction bigwig Tony Accurso.
- It also detained politically connected players in an alleged scheme involving kickbacks and bribes in exchange for advantages in the awarding of public-works contracts.

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North Korea finally gets a real voice

Escape from tyranny. The few who have managed to get out of dictatorship are working hard to tell what it's like inside

Shin In Geun was born in a North Korean prison camp. Song Byeok served the regime as a propaganda artist. Both have fled — and are exposing North Korea's regime.

"We were beaten whenever the guards felt like it," Shin tells Metro. "I saw people beaten to death, starving to death and publicly executed."

Shin's torso is covered with scars from torture. His ankles bear scars from having been hung upside down. Part of his right middle finger is missing: prison guards cut it off as punishment.

"In the prison camp you can't trust anyone," he explains. "You have to be cruel to survive. If you report a fellow inmate to the guards, you get his food. And because you're always starved, of course you do."

Shin even saw his mother and brother executed after they tried to escape. He had denounced them.

Shin, now 29, is the only person born in a North Korean prison camp known to have escaped. Now he lives in California and South Korea, and is determined to tell the world about the immense cruelty of North Korea's Kim regime. "I don't know whether speaking out will change anything," he says. "But I can't do nothing."

His life has been chronicled in a new book Escape From Camp 14.

Song Byeok was one of the brutal regime's propaganda artists. "I didn't know the truth about North Korea being a closed society," he tells Metro. "I respected and admired the political leaders." But when mass starvation hit the country, Song discovered the true face of the regime.

"My father and I had to go to China to get rice because my family didn't have any food. My father drowned when we tried to cross the Temen river. I couldn't find his body and asked the North Korean border guards to help, but instead they arrested me and put me in prison."

Today Song is a fierce opponent of 29-year-old dictator Kim Jong Un, using his artistic skills to make posters mocking North Korea. "I want to tell people around the world how North Koreans live, and how different their lives are from what people in other countries take for granted," he explains. "I can't understand how North Korea can continue to survive."

In fact, the regime may not survive much longer. "News is increasingly leaking into the North through shortwave radio broadcasts and illegal international phone calls," explains Tim Peters, a Seoul-based pastor who helps North Koreans escape. "Coming from a society in which it is virtual suicide to speak out, brave defectors like Song and Shin do a great service to their countrymen.

And disenchantment with the third generation of leadership in North Korea is on the rise. Refugees tell us that most people are fed up, but they also know that voicing such dissatisfaction can mean long-term imprisonment, if not worse."

Quote

"You have to be cruel to survive. If you report a fellow inmate to the guards, you get his food ration. And because you're always hungry, of course you do."

Shin In Geun
Former North Korean prisoner

ELISABETH BRAW
elisabeth.braw@metro.lu

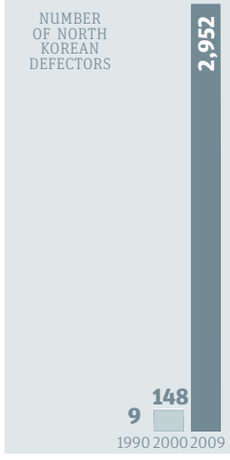
Two solitudes

Comparison between the Koreas

- **GDP per capita.**
  North: $2,400
  South: $31,753
- **Press Freedom Index.**
  North: 178th
  South: 44th
- **Human Development Index.**
  North: 0.618
  South: 0.897

Once a North Korean propagandist, Song Byeock now uses his art to educate people about North Korea. CONTRIBUTED

Escaping the North



Family business

Regime still in firm control

How has North Korea changed since the death of Kim Jong Il?
Kim Jong Un isn't relaxing control of society, but he's more accessible than his father was. He even gave a speech recently, while his father almost never spoke in public. In his speech, he highlighted the need for peace, but also said that national prestige was more important. And he promised that the regime would never again ask North Koreans to tighten their belts. The question is how he'll deliver on that promise. He has also been much more aggressive towards the South.

Hope

"The children of the elite buy DVDs and see that life is better in the South."

Dr. John Swenson-Wright. Asia Expert
Explaining how change will have to come to the North from within.

Is there any evidence that support of the regime is changing?
The only people who have access to information from the outside are the children of the elite in Pyongyang, who have things like DVDs from South Korea and can see that life is better there. And among this group there's a realization that business engagement with the outside world is necessary. But, unless the regime collapses, there's not going to be a mass exodus to the South.

DR. JOHN SWENSON-WRIGHT
Asia expert, Chatham House

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Cross-border shopping's cost misunderstood?

Duty. Economist believes as much as 10% of transportable goods are bought Stateside

Cross-border shopping is costing the Canadian economy much more than believed and new rules raising duty-free limits will only make matters worse, says a new report by the Bank of Montreal.

The assessment of costs comes from the bank's deputy chief economist, Doug Porter, in his latest price-gap comparison between consumer goods in Canada and the United States.

Porter said Thursday that although the price gap has narrowed to 14 per cent on average from the 20 per cent he found in last spring's survey, the cross-border shopping phenomenon appears to be intensifying.

"There are already more than 50 million visits to the U.S. by Canadian residents annually ... (and) those numbers are poised to swell when Ottawa increases the duty- and tax-free limits on June 1," he said.

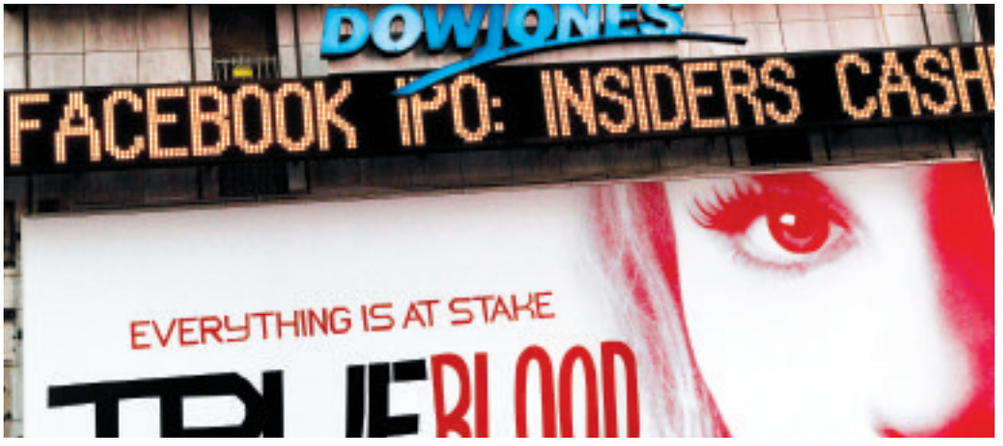
As part of March's budget, next month will see the duty-free limit on stays longer than 24 hours rise to $200 from $50, while the limit on stays longer than 48 hours rises to $800 from the current two-tiered levels of $400 and $750, depending on the length of stay.

THE CANADIAN PRESS

Canada-U.S. price gap

The new survey of consumer goods by the Bank of Montreal suggests the gap has narrowed, in part because this week the Canadian dollar has been trading slightly below par, while during last spring's survey the loonie was worth $1.02 US.

- Magazines were on average 17 per cent more expensive in Canada and running shoes as much as 37 per cent more.



Keeping an eye on the IPO

The news ticker in New York's Times Square carries a headline about Facebook's initial public offering (IPO). Facebook priced its IPO at $38 per share on Thursday, which values the company at around $104 billion, slightly more than Amazon.com, and well above well-known corporations such as Disney and Kraft. Facebook's stock is expected to begin trading on the Nasdaq Stock Market sometime Friday morning. MARK LENNIHAN/THE ASSOCIATED PRESS

Recycling

Save your butts, new program urges

Instead of tossing cigarette butts into landfills, a new recycling program will see the pervasive litter turned into something useful: industrial pallets and charitable donations.

"It's revolutionary," TerraCycle's communications manager Denise Barnard said. "It's the first in Canada."

The program will compost the organic parts, which include the paper and remaining tobacco. The rest will be recycled into pallets and other items for industrial use. THE CANADIAN PRESS

Market Minute

DOLLAR 98.13¢ (-0.62¢)

Natural gas: $2.594 US (-2.4¢)
Dow Jones: 12,442.49 (-156.06)

TSX 11,330.68 (+4.6)

OIL $92.56 US (-25¢)

GOLD $1,574.90 US (+$38.30)

PLANTING NATIVE TREES:
A manly way to get The Manly Look.
EVERGREEN
Bring nature back to your city. Get involved at EVERGREEN.CA

TIME MAGAZINE MILKS IT FOR ALL IT'S WORTH

THE LIST
Paul Sullivan
Metro

It's time once again for the Metro List, the world's most reliable chronicle of the week's events. If it's not on the list, it hasn't happened.

1 **The day the disco died.** Donna Summer succumbs to cancer at 63. She worked hard for the money. Maybe too hard.

2 **Time Magazine gross-out.** This week's cover finds the line and stomps all over it. A three-year-old kid stands feeding at his mom's breast while they both look at the camera. Most of us have to live down cute naked baby pictures, but this kid? Cue the life-long therapy.

3 **Gay-positive president.** Barack Obama endorses gay marriage, which proves he's a liberal. Just see him try to deny it. Now that we've got that out of the way, he can finally go back to bailing out the Good Ship USA, which is almost underwater.

4 **Pepsi Challenge.** Pepsi is desperately clinging to the ledge, so it's reviving the Pepsi Challenge. My brown sugary fizzy water tastes better than your brown sugary fizzy water. And your point is?

5 **No bad jobs.** Announcing that there's no such thing as a bad job, federal Finance Minister Jim Flaherty has his let-them-eat-cake moment. Tell that to a guy who spent nine years in med school while squeezing the mop into the bucket. Better yet, give the bucket and the mop to Jim Flaherty.

6 **Greece vs. the students of Quebec.** Entitlement smackdown. You really can have it all, but only if someone else is willing to foot the bill. Evidence to the contrary, Greeks and students continue to believe in the sugar daddy.

7 **Ode to Rebekah Brooks.** Rupert Murdoch's former attack editor is charged with conspiracy to obstruct justice in the U.K. phone-hacking scandal. After years of ruining peoples' lives by exposing them to yellow journalism, she's getting a taste of her own medicine: the reporters are now hiding in her bushes. In the immortal words of Bob Dylan: How does it feel? How does it feel? To be on your own? Like a complete unknown?

8 **According to Forbes.** Jennifer Lopez is the world's most influential celebrity. You've come a long way from the block, Jenny. But, at 42, your bootylicious days are numbered, bolstered only by Botox. Maybe you could get a talk show, like No. 2 Oprah, whose influence is waning on her OWN. Of course, you're going to have to learn to speak in full sentences for that.

Cue the therapy for the kid star of Time's controversial cover. TIME/AP

Haircut to Buddhism

ERANGA JAYAWARDENA/THE ASSOCIATED PRESS

Becoming a monk

Economy holds tradition back

Sri Lankan Buddhist monks prepare to shave the head of 12-year-old Pasindu, before ordaining him as a monk at a temple in Colombo, Sri Lanka, on Thursday.

Buddhism is Sri Lanka's state religion, but the age-old tradition of youngsters being ordained is on the decline largely due to economic reasons.

THE ASSOCIATED PRESS

Pasindu carries a robe as he is ordained as a Buddhist monk on Thursday.
ERANGA JAYAWARDENA/THE ASSOCIATED PRESS

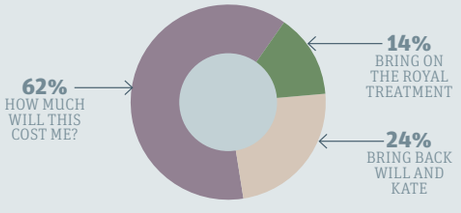
Earlier this week

- His Holiness the Dalai Lama received the 2012 Templeton Prize, the international award that honours people who "affirm life's spiritual dimension" from the John Templeton Foundation on Monday.
- On Sunday, it was reported the Dalai Lama alleged Chinese agents trained Tibetan women to assassinate him by planting poison in their hair for him to touch during blessings.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What do you think about Charles and Camilla's planned trip to Canada?



Twitter

@mark_schmalz: #YQR needs to change it's tough town image. So many people looking to make their break say Regina is tough. Let's give people a chance.

@KvasirYYC: Invite from @pmharper's office includes reception following #YQR #RoyalVisit @Regina-Symphony concert! Wonder what that means! #PrinceCharles

@jasondfedorchuk: If elected Mayor of #YQR, I would probably enter every council meeting like a boxer, to the strains of The Lonely Island's "Like A Boss".

@ColinMcneil: Watch and RT if you want a film / TV / digital media industry in SK. SMPIA-The Straight Goods: http://youtu.be/LSiZLlZOV_Y via @youtube #yqr #yxe

metro
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Rihanna proves she should stick to singing in Battleship. HANDOUT

Reel Guys sink Battleship

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Shock and awful.
Vapid action movie proves board games should remain a cottage pastime

Richard: Mark, what's next, Jenga: This Time It's Personal? I wasn't sure how they could possibly turn a board game into a movie, and now that I've seen it I'm convinced that it can't be done — very well, at least. Two-plus hours of soulless claptrap and joyless cacophony of twisted metal, AC/DC songs and angry aliens does not a movie make. I'd like to suggest a new title, Shock and Awful.

Mark: Finally, a film for people who found Battle for Los Angeles too full of plot and character development. Rarely have I sat through such a numbing experience of every one of my senses. But if it's senseless action you're into, let me recommend you come to the movie 27 minutes late. All you'll miss is the idiotic backstory, moronic dialogue and cretinous acting that gets in the way of things that go boom.

RC: Couldn't agree more, although I think if you are going to see this movie, go for the whole thing. That way by the time the movie gets to the attack, you'll are so tired of the Hopper Brothers (Kitsch and Alexander Skarsgård), the stoic admiral (Liam "Paycheque" Neeson) and his daughter Sam (Brooklyn Decker) that you'll pray the aliens (big lizard-eyed creatures in Iron Man drag) will make short work of the bunch of them so you can leave the theatre and do something productive with your time. It'll give you a sense of purpose, which otherwise this movie doesn't have.

MB: And what is Liam Neeson doing in this movie? He has 18 bad lines and he delivers them with the enthusiasm of a man covering his gambling debts. Note to Liam: any time a movie is produced by Hasbro, it may not be a career move, sir. And I found it sadly funny that the point of the movie, which is to extol the virtues of the navy, is undercut by the ending which needs to bring in the Air Force to finish the job. Probably accurate, though.

RC: None of the actors shine. Taylor Kitsch blands it up and Rihanna continues the grand tradition of singers-turned-actors who should stick to music.

MB: The movie is one long action sequence, and the scenes are competently shot. But without characters to care about, and some level of professional dialogue, it was just Transformers meets Waterworld, and that's a combination that's — forgive me, Richard — all wet.

Synopsis

Based on the Hasbro board game Battleship, the movie begins when scientists discover a nearby planet with an atmosphere similar to Earth. When they make contact, instead of a 'hi-how-are-ya,' they are greeted with a full-on alien invasion. The only person standing between them is Lieutenant Alex Hopper (Taylor Kitsch), an undisciplined officer unwillingly thrust into power.

- **Richard:** ●○○○○
- **Mark:** ●○○○○

2

SCENE

Scene in brief

Taylor Swift puts money to music

Taylor Swift has taught a generation of kids to appreciate country music over the last five years. Now, she's donating $4 million to the Country Music Hall of Fame and Museum to make sure that education continues. The gift is the largest given to the museum by an artist and is the second largest from an individual, officials said. It will fund the Taylor Swift Education Center, an exhibit and classroom space scheduled to open in 2014. "In terms of what it will allow us to do, we do education very well now," museum director Kyle Young said. "It will allow us to do what we do better, serve more people, develop new programs."
THE ASSOCIATED PRESS

On the web

CSI creator Zuiker turns to cybercrime, shooting online film in Hamilton

NEED A RIDE?
Read metrodrive every Wednesday.

Dafoe heads Down Under to stalk tigers

The Hunter. Actor plays a mercenary sent by a biotech company to hunt a sacred animal — that may or may not be extinct

STEVE GOW
scene@metronews.ca

Filming The Hunter was far from a cinematic cakewalk for Willem Dafoe, who was forced to endure the Tasmanian wilderness and even a tumultuous blizzard. But the versatile actor wouldn't have it any other way.

"Who wants to make an easy movie?" the two-time Oscar-nominated film veteran quipped while promoting the drama. "You want to make good movies and hope they come gracefully, but easy usually doesn't lend itself well to making interesting things."

Always on the lookout for challenging roles, The Hunter casts Dafoe as a mercenary sent Down Under by a biotech corporation to hunt the assumed-to-be extinct Tasmanian tiger — considered sacred by locals.

"You hear of Tasmanian devils and that cartoon character pops into your head. I'm embarrassed to say I knew very little about it," laughed Dafoe, admitting he wasn't originally sure if the creature was even historically real.

"There are sightings all the time because I think people hope that there's some sign that they can recapture something of the past that's been destroyed by colonization and development."

While his character in The Hunter (in theatres April 13) struggles with the morality and demands of the wilderness and landscape, Dafoe insists it's not necessarily the message of any film that attracts him but strictly the strength of the role.

"The questions that are raised in the film — I don't know those," said Dafoe. "I'm always attracted to being the odd man out — this is a very Australian story and I play a foreigner; I play the guy from out of town that comes in and that's an interesting place to be in the function of a film because you become the go-between between the audience and this world."

Eyes on the prize: Dafoe's character struggles to deal with the wilderness as he searches for the Tasmanian tiger. The Hunter opens next Friday. HANDOUT

Comedy

What to Expect When You're Expecting

Director. Kirk Jones

Stars. Cameron Diaz, Jennifer Lopez

The problem with big ensemble comedies that weave five stories within its frame is that no single tale ever gets involved enough for true engagement. In What to Expect, this quintuplet of couples struggle through all the clichéd contrivances of childbirth. As such, the comedy placates to the played-out parental mindset with predictable reassurance, making this one baby without any real teeth.

STEVE GOW

Documentary

Jiro Dreams of Sushi

Director. David Gelb

Stars. Jiro Ono

Jiro Ono is widely regarded as the world's greatest sushi maker, but unlike his famous Western celeb-chef contemporaries, he has no desire for the spotlight: his Michelin-starred sushi bar is located in a Tokyo subway station. David Gelb's affectionate, precisely edited portrait touches on some larger issues about Japanese culture — particularly the inheritance of talent and legacy from father to son — but it's best viewed as a showcase for Jiro's sumptuous-looking dishes.

ADAM NAYMAN

Quoted

"I took the time, with each scene, to work with the actors, giving them notes...When the camera was rolling, I was talking constantly. I never shut my mouth. It was pretty annoying to hear that in the editing and probably also for the actors."

Quebec filmmaker Xavier Dolan on executive producing, directing, screenwriting, editing and even costume designing for his new film, Laurence Anyways
THE CANADIAN PRESS

THESE PAGES COVER MOVIE START TIMES FROM FRI., MAY 18 TO THURS., MAY 24 TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

Southland Mall
3025 Gordon Rd., 306-585-7442

21 Jump Street (14A) Fri-Mon 7:30-10:10 Tue-Thu 5:10-7:50
American Reunion (18A) Fri-Mon 1:30-4:20-7:40-10:30 Tue-Thu 5:50-8:30
Battleship (PG) No Passes Fri-Mon 1-4-7:20-10:20 No Passes Tue 5:50-8:50 No Passes Wed 1:30-5:50-8:50 No Passes Thu 5:50-8:50
Dark Shadows (PG) Fri-Mon 1:20-4:10-7:10-10 Tue 6-9:10 Wed 1:20-6-9:10 Thu 6-9:10
The Dictator (14A) No Passes Fri-Mon 1:40-4:30-8-10:40 No Passes Tue-Thu 5:20-7:40
The Five-Year Engagement (14A) Fri-Mon 1:10-4-7-9:50 Tue-Thu 5:40-9 Star & Strollers Screening Wed 1
The Hunger Games (PG) Fri-Mon 12-3:10-6:20-9:30 Tue 5:30-8:40 Wed 1:30-5:30-8:40 Thu 5:30-8:40
Marvel's the Avengers (PG) Fri-Mon 12-3:10-6:30-9:40 Tue-Thu 5:10-8:20
Marvel's the Avengers 3D (PG) Fri-Mon 12:30-3:40-6:50-10:10 Tue 5:30-8:40 Wed 1:40-5:30-8:40 Thu 5:30-8:40
The Pirates! Band of Misfits (G) Fri-Mon 12:50-3:20
Think Like a Man (PG) Fri-Mon 12:40-3:30-6:40-9:30 Tue-Thu 6:10-9 Star & Strollers Screening Wed 1

Galaxy Cinemas Normanview S.C. 420 McCarthy Blvd. N. Unit 26, 306-522-9098

Barrymore (PG) Wed 7
Battleship (PG) No Passes Fri 12:55-1:35-4-4:35-7-7:35-10:05-10:40 No Passes Sat 10:35-12:55-1:35-4-4:35-7-7:35-10:05-10:40 No Passes Sun-Mon 12:55-1:35-4-4:35-7-7:35-10:05-10:40 No Passes

Johnny Depp plays a vampire in Tim Burton's Dark Shadows. HANDOUT

Tue-Thu 7-7:35-10:05-10:35
The Best Exotic Marigold Hotel (G) Fri-Mon 1:15-4:20-7:20-10:10 Tue-Thu 7:15-10:10
Dark Shadows (PG) Fri 2:25-5:05-7:45-10:25 Sat 11:30-2:25-5:05-7:45-10:25 Sun-Mon 2:25-5:05-7:45-10:25 Tue-Thu 7:05-9:45
The Dictator (14A) No Passes Fri 12:10-2:20-4:25-6:30-8:40-10:50 No Passes Sat 12:10-2:15-4:25-6:30-8:40-10:50 No Passes Sun 1:05-3:15-8:40-10:50 No Passes Mon 12:10-2:20-4:25-6:30-8:40-10:50 No Passes Tue-Thu 8-10:15
Götterdämmerung: Met Opera Ring Cycle Encore (STC) Sat 10
The Hunger Games (PG) Fri 12:50-4:10-7:30-10:40 Sat 4:25-7:30-10:40 Sun 12:50-4:10-10:40 Mon 12:50-4:10-7:30-10:40 Tue-Thu 7:25-10:25
Jonah: A VeggieTales Movie (G) Sat 11
Marvel's the Avengers (PG) Fri-Mon 12:05-3:20-6:40-10 Tue-Thu 8:30
Marvel's the Avengers 3D (PG) Fri-Mon 12:30-3:50-7:10-10:30 Tue 6:50-10
Wed-Thu 10 Fri-Mon 1-4:15-7:40-10:50 Tue-Thu 7:20-10:30
What to Expect When You're Expecting (PG) Fri-Mon 12-2:40-5:20-8-10:45 Tue-Thu 7:40-10:20
WWE Over The Limit - 2012 (STC) Sun 6
Yellow Submarine (STC) Thu 7

Kramer IMAX Theatre 2903 Powerhouse Dr., 306-522-4629

To the Arctic 3D (G) Fri-Sun 1-3:30-4:45-7:15 Mon 1-3:30-4:45 Tue-Thu 1-3:30-4:45-7:15
Tornado Alley 3D (STC) Fri-Sun 2:15-6 Mon 2:15 Tue-Thu 2:15-6

Golden Mile 3806 Albert St., 306-359-5250

Alvin and the Chipmunks: Chipwrecked (G) Fri-Thu 1:45-3:55
The Cabin in the Woods (18A) Fri-Thu 1:40-4:05-7-9:45
Friends With Benefits (14A) Fri-Sat 1:15-3:50-7:05-9:50 Sun-Mon 3:50-7:05-9:50 Tue-Thu 1:15-3:50-7:05-9:50
Journey 2: The Mysterious Island (G) Fri-Thu 1:25-3:50-6:50-9:30
Mirror Mirror (PG) Fri-Tue 1:30-3:45-6:35-9:35 Wed 1:30-3:45-9:35 Thu 1-3:45-6:35-9:35
The Raven (18A) Fri-Thu 6:30-9:25
Safe House (PG) Fri-Thu 1:20-3:45-6:45-9:20
The Three Stooges (PG) Fri-Thu 1:35-4
The Vow (PG) Fri 6:40 Sat-Thu 6:40-9:55
Wrath of the Titans 3D (14A) Fri-Thu 1:10-3:55-6:55-9:40

Regina Public Library Film Theatre
23 11 12th Ave., 306-777-6104
The Flowers of War (18A) Fri 9 Sat 7 Sun 9
The Lady (14A) Thu 7
No Films Showing Today (STC) Mon-Tue
Le Vendeur (G) Thu 9:15
W.E. (PG) Fri 7 Sat 9:30 Sun 7 Wednesday Plus (STC) Wed 7

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Russell Brand

Russell Brand opens up about ex-wife Katy Perry

When it comes to Russell Brand's marriage to Katy Perry — which he ended suddenly after 14 months — there are no hard feelings, at least as far as Brand is concerned. "I was very happy to be married with her. She's such a beautiful human being and I just have only love and positivity for her," Brand tells Ellen DeGeneres in an interview. "But, sometimes when you're in a relationship I suppose it doesn't work out, does it? But that doesn't mean I regret it or anything."

Quoted

"She's such a beautiful human being and I just have only love and positivity for her."
Russell Brand

Kristen Stewart

Kristen Stewart can't wait to work with her beau again

Kristen Stewart, who met boyfriend Robert Pattinson while co-starring in the Twilight films, is eager to get together with him on screen again. "I'm dying to make another movie with Rob, I think that we're a good team," she tells Celebuzz. But are they open to teaming up for the movie version of Fifty Shades of Grey, the hit romance novel that was inspired by their Twilight characters? "I think whatever it is needs to be so ridiculously ambitious," she says.

The Word

Channing Tatum takes it off again

THE WORD
Monica Weymouth
scene@metronews.ca

Before his impossibly square jaw and superhero-grade shoulders were landing him movie roles, Channing Tatum was a stripper — not that he's shy about it.

His new film, Magic Mike, is loosely based on his former gig, and he wants everyone to see it, not just those who would have killed to play his little spoon in The Vow.

"With Joe Manganiello naked in a movie, I think even straight guys are going to be, 'S—t, I need to see that,'" the actor tells OUT's June/July issue of his costar. "That man is a specimen." (Go ahead — this one is worth the Google break.)

But while he's never tried to hide the fact that he was an exotic dancer, Tatum admits he prefers his new job to stripteasing. "You are on a stage with people yelling at you, and you feel you're a rock star, but you're nothing — you're just a guy taking off his clothes, looking like a fool in a stupid outfit."

We would point out that he essentially did the same exact thing in "Dear John," but there was than scene where he squinted in a field for awhile.

Jennifer Lopez ALL PHOTOS GETTY IMAGES

Jennifer Lopez says goodbye to American Idol

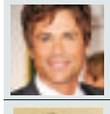
Jennifer Lopez is stepping down as a judge on American Idol, leaving the reality show that helped revitalize her career, according to E! News. "There is just too much going on for her right now," a source says of the singer, who is embarking on a summer tour that conflicts with the show's taping schedule. Lopez is also working on a new album and has more film projects on the horizon. "She regrets she can't stay on the show," the source adds.

John Travolta

Travolta fiasco continues to unfold

The first unidentified man to accuse John Travolta of sexual assault — who parted ways with his lawyer after his case seemed to unravel — has hired Gloria Allred as his new attorney, according to People magazine. "I represent John Doe Number One," Gloria Allred tells the magazine. "Mr. Doe's lawsuit was dismissed without prejudice which means that he is still legally entitled to file another lawsuit against John Travolta if he chooses. We are in the process of conferring with him regarding the next steps, which he may wish to take."

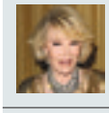
Twitter



@RobLowe
Just landed. Ready to attack some Parisian cuisine. There will be NO austerity! #France

@Schwarzenegger
Taking off from L.A. to New Orleans. Excited to see Sly and start working on The Tomb. You will be hearing more from me soon!

@rosariodawson
I love elephants



@Joan_Rivers
Tom Cruise gave a candid interview in the June issue of Playboy magazine, which I assume he truly DOES read only for the articles.

3

LIFE

Superfood

Plum perfect

Plums have been hailed as the new superfood stars, overtaking berries with their astonishing array of health benefits. They contain high levels of vitamin C, ensuring a healthy immune system and their skin is a mine of antioxidants, the molecules that can help slow down or prevent the production of free radicals. Plums are fat-free and low in calories, help to promote a healthy digestive track and the absorption of iron. Their consumption has also been liked to the lowered risk of macular degeneration, age-related vision loss.

METRO WORLD NEWS

On the web

Mario Batali and family take the food stamp challenge to protest cuts for poor Americans

Can you top this?

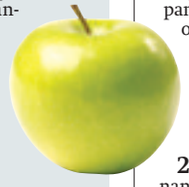
As pancake toppings go, maple syrup is swell and certainly traditional, if not particularly inspired. This long weekend, take time out to add new life to your pancakes with these creative alternatives.

THE ASSOCIATED PRESS

Apples

1. Sauté apple slices with butter and sugar, then spoon them over the pancakes. Sprinkle with toasted pecans, then drizzle with dulce de leche. **(FROM DAISY MARTINEZ, AUTHOR OF DAISY: MORNING, NOON AND NIGHT)**

2. Simmer chunks of peeled apple in brandy until very tender, then spoon over the pancakes. Top with sour cream or creme fraiche spiked with ground cardamom, nutmeg or cinnamon. **(FROM SARA KATE GILLINGHAM-RYAN, FOUNDING EDITOR OF THE WEBSITE APARTMENT THERAPY: THE KITCHN)**



Bananas

1. Make banana syrup by slicing and microwaving an overripe (black) banana until very soft and syrupy. Spoon over pancakes with a dollop of Greek-style yogurt, toasted pecans and a dash of cinnamon. **(FROM LOURDES CASTRO, AUTHOR OF SIMPLY MEXICAN)**

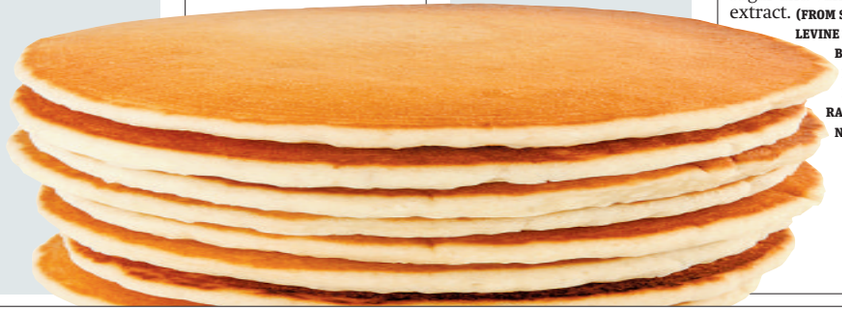
2. Sauté sliced bananas in butter with a sprinkle of brown sugar. Cook until the bananas are lightly caramelized. **(FROM DORIE GREENSPAN, AUTHOR OF AROUND MY FRENCH TABLE)**

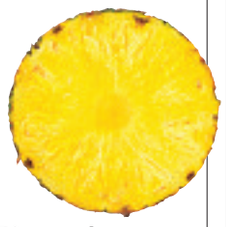
Blueberries

1. Heat lemon curd, then drizzle it over pancakes and sprinkle with fresh blueberries. **(FROM KAREN DEMASCO, PASTRY CHEF AT LOCANDA VERDE RESTAURANT IN NEW YORK)**

2. As soon as you pour the pancake batter into the pan, top it with granola and fresh blueberries, then continue cooking as normal. **(FROM BARB STUCKEY, AUTHOR OF TASTE WHAT YOU'RE MISSING)**

3. Warm fresh blueberries or blackberries in several tablespoons of fruit syrup (such as passion fruit). Season with pinches of ground cardamom, then mix in a small handful of fresh mint leaves. **(FROM LISA YOCKELSON, AUTHOR OF BAKING STYLE: ART, CRAFT, RECIPES)**





Pineapple

1. Sauté fresh pineapple cubes in brown sugar, then deglaze the pan with a bit of coconut milk and reduce until it has a syrup-like consistency. Pour over the pancakes and top with whipped cream and toasted coconut flakes. **(FROM ROGER STETTLER, EXECUTIVE CHEF FOR THE FOUR SEASONS RESORT MAUI)**

2. Sauté sliced pears and pineapple chunks until soft. Add a squeeze or two of lemon juice, some sugar and vanilla extract. **(FROM SARABETH LEVINE OF SARABETH'S KITCHEN RESTAURANTS IN NEW YORK)**

Liquid Assets

Marry Spanish wines & BBQ

LIQUID ASSETS
Peter Rockwell
@therealwineguy
peterrockwell@eastlink.ca

How old do I have to be before I can feel comfortable hiring someone to mow my lawn without thinking I've got one foot in the grave?

While many of you will be opening your cottages or spending Victoria Day chilling out, I'll be performing my yearly ritual of trying to get my mower to start.

Thankfully, my barbecue works just fine so I can look forward to a feast of grilled goodness once my yelling in the garage subsides.

Whether it's a burger, steak, kabob or simple hunk of beef, odds are there will be a whole lot of red meat served this weekend.

Though difficult-to-pronounce names and dull labels haven't helped Spain's liquid popularity in Canada, there isn't a better red-producing nation making wine to pair with barbecued meats.

Bodegas Principe de Viana's 2008 Red Guitar Old Vine Tempranillo Garnacha ($12.99 to $14.99) combines Spain's two most popular grapes and wraps them in a modern Salvador Dali-esque package.

Ripe and balanced with a touch of rustic cherry/berry charm, this is one guitar that plays all the right chords. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

THE K FAMILY KITCHEN
ALL STARS Pizza
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www.kfamilykitchen.com
We are always striving to make your experience better

Since 1982, the K-Family Kitchen has been serving up some of the best home-cooked meals in Regina. The concept behind the K-Family hasn't changed in the last 27 years — make everything from scratch and provide a huge variety of entrees with good-sized portions at a reasonable price, while delivering quick and friendly service.

Serving Breakfast All Day

We are focused in helping our community grow and prosper even with the bureaucracy that intertwines our lives. We offer a menu only the hungry would appreciate, enjoy and indulge in with products to cater to every facet of our lives. We offer breakfast, lunch, supper and pizza all day and everyday, whether you live close or far away, remember when you need something as great as we have you won't mind driving 15 minutes for it.

K-Family Kitchen was the originator of the skilleted breakfast in Regina. Their breakfast menu is still one of the main attractions to their menu and is served throughout the day, from 6:00 a.m. until closing at 9:00 p.m., seven days a week. The Kouros family doesn't believe in using prefabricated foods. They make all their meals from scratch and even cut their own Canadian top sirloin steaks. We pride ourselves on our sauces like tangy cheese sauce and our irresistible hollandaise sauce that you can only find in an upper class Five-Star Hotel which means our eggs benedict is one-of-a-kind in Regina. The Kouros family takes pride in every meal they make.

True to the K-Family Kitchen values, All-Stars Pizza provides a premium air-baked pizza at a reasonable price and a varied menu of fast & city wide for everyone's enjoyment. We can also cater to groups of up to 1,000 people or rent us out for a party. We're licensed for everyone's enjoyment.

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Bright coloured and smoky sauce boosts grilled eats

This recipe makes 500 ml (2 cups). THE CANADIAN PRESS H/O

Originally a fish stew, this roasted tomato, pepper and garlic sauce thickened with almonds and bread is now served with just about anything, such as grilled trout or chicken.

1. Core tomatoes. Cut red pepper in half, removing stem and seeds. Cut top off garlic to expose cloves. Place tomatoes (core side up), pepper halves (skin side up) and garlic on parchment paper-lined rimmed baking sheet. Drizzle oil over all.

2. Roast in a 200 C (400 F) oven for about 30 minutes or until tomato skins split, pepper skins blister and garlic is soft. Let cool enough until easy to handle.

3. Meanwhile, remove crust from bread; cut bread into cubes. Place bread and almonds on another baking sheet. When vegetables are roasted, turn heat off and bake almonds and bread in still warm oven for about 15 minutes or until toasted and golden.

4. Slip off and discard skins from tomatoes and peppers. Coarsely chop tomatoes and peppers (discard excess liquid) and place in a food processor. Squeeze out garlic cloves into food processor bowl. Add bread cubes, almonds, vinegar, salt, paprika and cayenne; process until almost smooth with some texture from almonds. For a zippier sauce, add a little more vinegar. Serve warm. **THE CANADIAN PRESS/ FOODLAND ONTARIO/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)**

Ingredients

- 2 tomatoes
- 1 red bell pepper
- 1 head garlic
- 30 ml (2 tbsp) extra-virgin olive oil
- 1 slice (2 cm/3/4-inch) day-old crusty bread
- 2 ml (1/2 tsp) slivered almonds
- 30 ml (2 tbsp) sherry or red wine vinegar (approx.)
- 2 ml (1/2 tsp) each salt and smoked paprika
- Pinch cayenne pepper

Lentil Spinach Salad.
Bacon complements earthy lentil flavours

1. In saucepan over medium-high heat, bring water, lentils and salt to boil. Reduce heat to maintain a simmer and cook 20 mins. or until lentils are tender. Strain off any excess water and let cool to room temperature.

2. Bacon Dressing: Place saucepan over medium-high heat. Add bacon, then pour in enough water to just barely cover it, stirring frequently. As the water simmers, the bacon will begin to cook. As water evaporates, the bacon will render, releasing its fat, and will crisp.

3. Pour off about half of the bacon drippings. Turn off heat, then whisk in vinegar, honey and mustard. For maximum flavour, stir up all the crispy bits in the pan. In large salad bowl, toss cooked lentils with bacon dressing. Add onion, spinach; toss to combine. **THE CANADIAN PRESS/ CANADIAN LENTILS, LENTILS.CA/ ADAPTED BY EMILY RICHARDS**

Ingredients

- 1 l (4 cups) water
- 250 ml (1 cup) lentils
- 2 ml (1/2 tsp) salt
- 1 red onion, thinly sliced
- 1 box (454/16 oz) baby spinach

Bacon Dressing:

- 4 slices bacon, chopped
- 30 ml (2 tbsp) red wine
- 15 ml (1 tbsp) liquid honey
- 5 ml (1 tsp) Dijon mustard

Ethiopian standard shines in burgers

Imagine the best Southern barbecue — cooked up in northern Africa.

That's what the Ethiopian seasoning blend known as berbere tastes like. And it's as good as it sounds.

Berbere is the flavour backbone of Ethiopian cooking, a cuisine built around heavily seasoned meats and stews served with a spongy flatbread called injera. Berbere ties all of that together, doing duty as a dry rub for meats, a seasoning for stews, lentils and grains, even as a tableside condiment.

As with so many traditional seasoning blends, what goes into berbere can vary by region, town, even by house. But most versions begin with a base of ground chilies, ginger, fenugreek, cumin, cloves, coriander, cardamom, black pepper and salt.

The result is a fiery, bright-red blend that tastes equal parts barbecue, curry and Southwestern steak rub. It sounds kind of crazy, but that's a flavour combination that just begs to be in so many classic North American dishes.

In North America, berbere is most often found as a dry powder, though it sometimes is a paste in Ethiopia. The powder can be added directly to just about anything, or heated briefly with oil and minced garlic and onion. The latter makes a great starter for chili or pulled pork.

You'll find berbere at most online or bricks-and-mortar spice shop, as well as at many larger grocers (check the international section as well as the spice aisle).

When you use it, take it easy. This stuff is deliciously spicy, so add a little, then taste and adjust from there.

The good news is that you don't need to know squat about Ethiopian food (though it's totally worth getting to know) to enjoy berbere. Use is as a steak rub, in meatballs and meatloaf, or as rub for roasted chicken.

This recipe's technique for using chopped (rather than ground) chicken keeps the burgers moist and flavourful. The prosciutto mixed into it helps, too. Be warned that when you form the patties, they will be very moist and messy. But once they hit the grill, they will hold together without trouble.

If you'd rather use ground turkey for convenience, this same seasoning blend will be delicious in that, too.

Ingredients

- 1 large egg
- 1/2 teaspoon garlic powder
- 2 teaspoons berbere
- 1/2 teaspoon ground black pepper
- Pinch kosher salt
- 1 1/2 pounds boneless, skinless chicken breasts, cut into large chunks
- 2 ounces prosciutto
- 4 hamburger buns
- 4-ounce log chevre (soft goat cheese)

1. Heat a grill to medium. Oil the grates, or coat them with cooking spray.

2. In a large bowl, whisk together the egg, garlic powder, berbere, black pepper and salt. Set aside.

3. In food processor, combine chicken and prosciutto. Pulse until meat is well chopped but still chunky, about 10 seconds total. Scrape the sides of the bowl and pulse again if any large pieces remain unchopped.

4. Transfer the meat to the bowl with the egg mixture, then mix well. Form the meat into 4 loose patties. They will be moist and not hold together well.

Chopped Chicken Burgers with Berbere and Goat Cheese

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

5. Use a spatula to carefully place the burgers on the grill and cook, covered, for 4 to 5 minutes. Flip the burgers — they should be firm enough to move easily now — and cook for another 4 to 5 minutes, or until a thermometer reads 165 F at the centre of the burgers.

6. Top each burger with a quarter of the cheese, then serve on a bun.

THE ASSOCIATED PRESS

4

SPORTS

NHL playoffs

"I think it's everything that we were anticipating really from the hockey standpoint. We expected tight games. We expected not a lot of room out there from either team, and games down to the wire."

Devils captain Zach Parise on his team's Eastern Conference final series with the New York Rangers. The best-of-seven, knotted at 1-1, moves to the Prudential Center in New Jersey for Game 3 on Saturday afternoon and Game 4 on Monday night.

On the web

There's no doubt Los Angeles faces an uphill battle after dropping Games 1 and 2 to the Thunder. but Kobe Bryant says his Lakers "found some things out" during the losses in Oklahoma City that will help them get back into the series at Staples Center. Scan the code for the story.

No happy ending for Canada in Helsinki

IIHF. Sloppy stretch of play costs Canada a medal at hockey worlds

Team Canada players react after Thursday loss to Slovakia in Helsinki. DMITRY LOVETSKY/THE ASSOCIATED PRESS

Seven error-filled minutes.

That's what cost Canada a shot at glory in this year's IIHF world hockey championship.

But those seven minutes against Slovakia on Thursday essentially encapsulate a stretch of Canadian hockey disappointment that has followed Sidney Crosby's golden goal at the 2010 Vancouver Olympics.

Two bad penalties. Key players caught out of position on a back-breaking goal. The inability to protect a lead.

These types of mistakes seem to have plagued Canadian players recently, and on Thursday, they came against a "far inferior" opponent, as general manager Kevin Lowe described Slovakia following a shocking 4-3 quarter-final loss.

"They had no business being in the game," Lowe said of the Slovaks.

Yet there they were with time ticking down. Slovakia was aware of the situation and played the role of spoiler perfectly, patiently hoping for Canada to slip up.

What happened next was nothing short of a meltdown.

First, captain Ryan Getzlaf's line with Corey Perry and Evander Kane got caught up ice when Milan Bartovic raced in and tied the game with a rebound off the rush at 13:25. Then, Ryan Nugent-Hopkins was assessed a boarding penalty. Just as Canada killed that one off, Getzlaf was given a kneeing major for an open-ice hit on Juraj Mikus at 17:28.

Four seconds later, Michal Handzus tipped home the winning goal.

"You're going with a lead in the third (period), you're up 3-2, that's got to be your bread and butter," said Canadian coach Brent Sutter. "Games are tight and you've got to be able to close the deal on them.

"We probably beat ourselves in the last seven minutes of the game with things we talked about all tournament not wanting to do."

Ultimately, that might be the most intriguing part of Canada's third straight early departure from the world championship. The team didn't encounter anything it didn't expect here. On the eve of the tournament, Lowe talked about the need to play "flawless hockey" once the do-or-die games start.

It never got there.

Canada's players seemed to grow together while winning six of seven round-robin games. There was every reason to believe they would rise to the occasion when it mattered most.

Instead, Canada played a tepid opening 10 minutes against Slovakia and quickly found itself down 2-0. It roared ahead during an inspired second period — Slovak captain Zdeno Chara said it was a "small wonder" his team survived it — but faded down the stretch.

And even though this was the youngest team Canada has ever sent to the world championship, it was Olympic and Stanley Cup champion Getzlaf who made the most crucial error with his kneeing major.

"It hurts like hell right now," he said. "I feel like I let the guys down. To be in a hard-fought game like that and play the tournament we did and lose in that fashion, it's not easy to swallow as a group."

THE CANADIAN PRESS

Quoted

"It's a sick way to lose. It sucks when you're in a hard-fought game like that and it comes down to that kind of play.... Tough pill to swallow right now."

Ryan Getzlaf, Team Canada captain.

NHL

Renney's time up in Edmonton

The Edmonton Oilers are parting ways with head coach Tom Renney after two seasons without a winning record.

The team made the announcement via Twitter on Thursday, saying Renney's contract will not be renewed.

Renney joined the team for the 2010-11 season and finished with an NHL-worst 25-45-12 record. This season the team barely improved with a 32-40-10 record for second-last overall.

"Tom's done some great things for our hockey club," general manager Steve Tambellini said in a video statement posted on the Oilers website. "But we felt at this time it was the right decision to make a change."

THE CANADIAN PRESS

Tom Renney GETTY IMAGES FILE

MLB

Athletics hope to stay in Bay Area

Baseball Commissioner Bud Selig says it's up to Lew Wolff to decide whether to consider additional sites for a new ballpark for the Athletics, and the Oakland owner maintains he's focused on San Jose.

Selig said Thursday there's no timetable for resolving Oakland's dispute with San Francisco. The Giants are preventing the A's from building a ballpark in San Jose, which is part of the Giants' territory.

THE ASSOCIATED PRESS

Rugged Pacers throttle the Heat in Game 3

LeBron James, centre, goes to the basket against George Hill, left, and Paul George Thursday in Indianapolis. DARRON CUMMINGS/THE ASSOCIATED PRESS

Roy Hibbert had 19 points and 18 rebounds, George Hill scored 20 and Danny Granger 17 as the Indiana Pacers, showing more balance, toughness and togetherness than Miami, throttled the Heat 94-75 on Thursday night in Game 3 of the Eastern Conference semifinals.

Overlooked during the regular season and given little chance to upset the reigning East champions, the Pacers took a 2-1 lead in the best-of-seven series.

Game 4 is Sunday at raucous Bankers Life Fieldhouse.

LeBron James scored 22 — 16 in the first half before wearing down — and Mario Chalmers added 25 for Miami. However, Dwyane Wade scored only 5 on 2-of-13 shooting for the Heat, already missing forward Chris Bosh because of a strained abdominal muscle and not expected to return for this series.

Game 3

Pacers	Heat
94	75

Coach Erik Spoelstra has been forced to try new things with Bosh out.

Forward Shane Battier and seldom-used centre Dexter Pittman were added to the starting five, joining James, Wade and Chalmers.

Battier got the start at small forward over struggling Udonis Haslem, and Pittman moved in for Ronny Turiaf, who started Game 2.

Before the game, Spoelstra said with Bosh out "everything is on the table."

THE ASSOCIATED PRESS

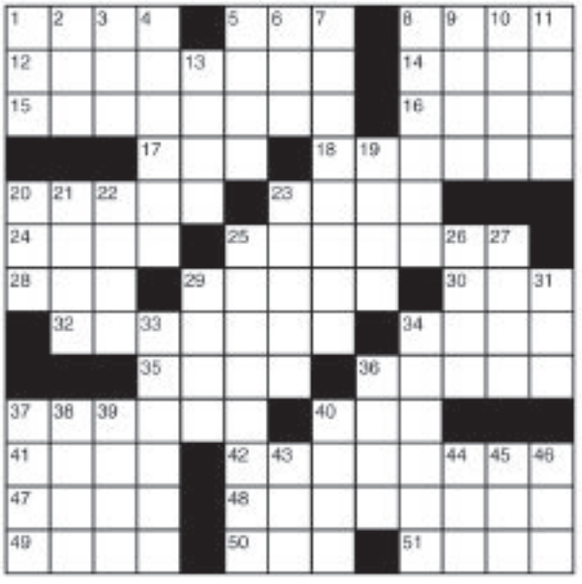
Crossword

Across

1 Milky gemstone
5 Pal in Paris
8 Radiate
12 Phone option
14 Hitchcock tour de force
15 Percussion instrument
16 Guitars' kin
17 Cattle call
18 User
20 Book of maps
23 Hi-tech journal
24 Meadows
25 Galley type
28 Omega preceder
29 Belief in natural religion
30 Mimic
32 Neptune's spear
34 A Great Lake
35 Fill till full
36 Sweater style
37 Water-carved gully
40 Journey segment
41 Apply finger paints
42 Home of the steel drum
47 Tulsa's st.
48 Recondite
49 Crystal gazer
50 Illuminated
51 Nitwit

Down

1 1-Across' mo.
2 Standard
3 "The Greatest"
4 Andean herd
5 Jason's ship
6 Wire measure
7 Imprac-tical one
8 Deep-seated ill will
9 Trickster god
10 Oil cartel
11 Into the sunset
13 Grandson of Eve
19 Campus quarters
20 Matterhorn, for one
21 Criterion
22 Den
23 Saline solution
25 Abstain from alcohol
26 Stallion's companion
27 Grand story
29 Crucial time
31 "A mouse!"
33 Weather-map line
34 Surround
36 Outlet
37 Commotions
38 Croupier's tool
39 Hold the scepter
40 Roster
43 Hitter's stat
44 Twosome
45 Cleo's slayer
46 Fourth letter



Sudoku

	2						1	
	9	1		4		8	7	
3			1		6			2
		3	8		7	9		
		5	3		4	7		
7			6		2			5
	8	6		7		1	3	
	5						6	

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

6	2	3	7	5	1	8	9	4
1	5	4	8	6	9	3	7	2
9	7	8	4	3	2	1	6	5
2	8	7	5	1	4	6	3	9
4	1	9	3	2	6	5	8	7
3	6	5	9	8	7	2	4	1
5	9	1	6	7	8	4	2	3
8	4	2	1	9	3	7	5	6
7	3	6	2	4	5	9	1	8

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

OU C BAKYBA ECGHFY OG ZRYM UYORJIPM CJI LYRLCYOFKG, O'I ACZR HF GCM AR'G C ERFEPR ECYGFJ.

Yesterday's Cryptoquip: SOME SMALL POOCHES CARRY AROUND ELECTRICAL FITTINGS, YOU MIGHT SAY THAT PUGS LUG PLUGS.

Today's Cryptoquip Clue: E equals P

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. What seems like a problem now will have resolved itself by the early part of next week, so leave well alone.

Taurus | April 21 - May 21. You will have to start dealing with the consequences of your actions over the past few weeks.

Gemini | May 22 - June 20. Some people may complain that they've not got the breaks they deserved, but that cuts no ice with you.

Cancer | June 21 - July 22. You must adopt a positive attitude over the next 24 hours.

Leo | July 23 - Aug. 22. It may seem as if you are moving in the opposite direction to everyone else but why should that worry you?

Virgo | Aug. 23 - Sept. 22. You don't usually pay attention to conspiracy theories but what happens over the next few days will make you wonder if maybe there is something going on, something you should know about.

Libra | Sept. 23 - Oct. 22. Check the facts today, in all situations, because it could be the case that someone is hoping to mislead you.

Scorpio | Oct. 23 - Nov. 21. You will be on the move over the next few days and there is no telling where you will end up come Monday morning!

Sagittarius | Nov. 22 - Dec. 21. Try not to take anything too seriously today. If you do you will quickly get annoyed when people you work or do business with try to undermine what you've accomplished.

Capricorn | Dec. 22 - Jan 20. There may be all sorts of bad things going on in the world but none of them is your fault.

Aquarius | Jan. 21 - Feb 18. Your time will come – and very soon.

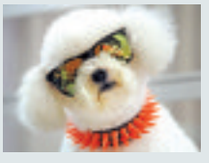
Pisces | Feb. 19 - March 20. Something good will happen today, something that makes you glad to be alive. Most likely the universe is paying you back for some of the helpful things you have done for other people. **SALLY BROMPTON**

Caption Contest

"You take your car to work, I'll take my board"
Janelle

FELIPE DANA/THE ASSOCIATED PRESS

Win!



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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